


THE
TWENTY-NINTH ANNUAL REPORT
OF THE
OFFICERS
OF THE
RETREAT FOR THE INSANE,
AT
HARTFORD, CONN.,
APRIL, 1853.



HARTFORD:
PRESS OF CASE, TIFFANY AND COMPANY.
1853.



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OFFICERS.
OF THE
RETREAT FOR THE INSANE,
FOR 1853.

RT. REV. THOMAS C. BROWNELL, *President.*
DAVID WATKINSON, *Vice President.*
WILLIAM T. LEE, *Treasurer.*
THOMAS BELKNAP, *Auditor.*
CHARLES SHELDON, *Secretary.*

VICE PRESIDENTS FOR LIFE, BY SUBSCRIPTION OF \$200 AND UPWARD.

*OLIVER WOLCOTT,	*GEORGE GOODWIN,
SAMUEL TUDOR,	*CHAUNCEY DEMING,
DAVID WATKINSON,	*WILLIAM ROBINSON,
WILLIAM H. IMLAY,	*ELIAS PERKINS,
THOMAS S. WILLIAMS,	*JOSEPH BATTELL,
HENRY L. ELLSWORTH,	*JOSHUA STOW,
CHARLES SIGOURNEY,	*ELIJAH THOMPSON.

DIRECTORS FOR LIFE, BY SUBSCRIPTION OF \$100.

*DANIEL WADSWORTH,	WILLIAM W. ELLSWORTH,
WARD WOODBRIDGE,	*HENRY SEYMOUR,
ROBERT WATKINSON,	*ELIPHALET AVERILL,
*ELISHA SHEPARD,	*EDWARD WATKINSON,
JAMES H. WELLS,	*GEORGE SMITH,
DANIEL BUCK,	*ASAHEL HATHAWAY, JR.,
*HENRY HUDSON,	*NEHEMIAH HUBBARD,
*DAVID PORTER,	*ABIGAIL HUBBARD,
*REUBEN LANGDON,	*OBADIAH BROWN.
*OLIVER D. COOKE,	

* Deceased.

DIRECTORS CHOSEN AT THE ANNUAL MEETING.

THOMAS ROBBINS,	AMOS M. COLLINS,
JAMES WARD,	ALFRED SMITH,
JOSEPH TRUMBULL,	JOHN S. BUTLER,
GEORGE SUMNER,	EZRA CLARK,
CHARLES SHELDON,	ISAAC TOUCEY,
THOMAS C. PERKINS,	THOMAS BELKNAP,
JOHN OLMSTED,	CALVIN DAY,
CYPRIAN NICHOLS,	CHARLES GOODWIN,
THOMAS DAY,	ALBERT W. BUTLER,
WILLIAM T. LEE,	GIDEON WELLES.

STATE COMMISSIONERS.

HIS EXCELLENCY THE GOVERNOR OF THE STATE,
HON. ROGER S. BALDWIN,
HON. ISAAC TOUCEY.

MEDICAL VISITORS.

GEORGE SUMNER, M. D.	ARCHIBALD WELCH, M. D.
N. B. IVES, M. D.	W. H. COGSWELL.
H. A. GRANT, M. D.	A. S. BECKWITH.

MANAGERS.

AMOS M. COLLINS.
CHARLES SHELDON.
WILLIAM T. LEE.

VISITING COMMITTEE OF LADIES.

Mrs. R. WATKINSON,
Mrs. CHARLES SHELDON,
Mrs. WILLIAM T. LEE,
Mrs. ELI TODD,
Mrs. AMOS M. COLLINS.

JOHN S. BUTLER, M. D., *Physician and Superintendent.*
HORACE HOOKER, *Chaplain.*
WILLIAM PORTER, M. D., *Assistant Physician.*
LUCIUS A. SMITH, M. D., *Apothecary.*
Mr. VIRGIL CORNISH, *Steward.*
Mrs. M. H. CORNISH, *Matron.*

REPORT OF BOARD OF MANAGERS.

To the Directors of the Retreat for the Insane :

AN annual "*detailed Report*" of its condition from the Managers, is made imperative by the By-Laws of this Institution.

In performing this duty we shall be brief. Its general prosperity and satisfactory financial condition, are shown by the reports of the Superintendent and Treasurer.

While it has been our object to avoid needless expense, we have aimed at *improvement*, in providing convenience and comfort for the resident Officers and patients. We have the last year sanctioned considerable outlay for roofing the buildings with metal, instead of wood, as heretofore; also for improving the dining-halls, making secure the windows of the main building, by means of large wire ornamental network, painting throughout the interior of the Retreat buildings, and warming with hot air furnace the Superintendent's house.

The Steward, by his judicious management, has succeeded in raising an ample supply of water into the attic of the female wing, for bathing, and other purposes, by means of hydraulic rams at the farm, and demonstrated that the same can be done for the other wing; but this would interfere with the exercise now taken by many of the male patients, who raise it from reservoirs by means of forcing pumps;—exercise deemed necessary for their health and improvement. The same judicious management has shown, that, by thorough

drainage, the part of the farm heretofore too wet for cultivation, will soon become equally valuable for that purpose with the other portions, and make the whole, as most of it now is, not only beautiful, but profitable; as well for its pecuniary results, as for the healthful exercise it gives the patients in favorable weather, who find here, in the scenery of the landscape, the products of the fields, and of the orchards, and the park of domestic, and other animals, viz., deer, rabbits, peacocks, pheasants, turkeys, geese and rare poultry—comprising in all some forty varieties—much to divert them from their morbid states of mind, and much of that moral treatment so necessary to their recovery.

With a watchful attention to newly developed wants, the Managers would recommend that additional provision be made for a class of patients, who at times are subject to paroxysms of frenzy, which makes it proper to separate them from the other patients, to preserve that quiet in the halls, so necessary to the comfort and recovery of their inmates; and still this class should not be placed with those who are excluded for their noisy and filthy habits, in the cottages as they are now constructed. This, in our judgment, may be secured by adding a second story to both these buildings, in which the rooms should be arranged with special reference to the comfort of this description of patients; in doing which, particular attention should be paid to secure, at all seasons, good ventilation for all the rooms of both stories.

The subject of enlargement, and particularly of erecting buildings that shall furnish superior accommodations for those patients whose friends might wish them, at a corresponding extra expense, has been discussed by the Board during the last year, and was finally referred to the Managers to examine and report at this meeting. They have had the subject under consideration, and have come to the conclusion that it is not best at the present time to erect such buildings, or make any enlargement except that recommended above, and for the reasons, 1. Before such expenditure would be justifiable additional funds should be secured; 2. By delay, a part of those funds may be laid aside for that

purpose, from the income of the Institution, and make the draft on public beneficence less than would now be necessary; 3. We have as yet been able to accommodate all suitable patients for whom application has been made, not excepting many incurables whom the towns, and others, have sent us;—and here let us say in passing, did these occupy room to the exclusion of curative patients, since the charitable founders of the Retreat expressly say it is “for the relief and recovery of the insane,” most certainly the question would be asked, whether they should not be excluded? and we think the answer would be in the affirmative; and 4. It must be a work of time, and the result of careful inquiry, to ascertain that a sufficient number of patients would be offered, of the class wanting better, and more expensive rooms than can now be furnished in the parlors of the center building, to justify the erection of buildings for that object: this information is not yet obtained.

Among the duties assigned the Managers, is a general oversight of the Retreat: we therefore speak freely of its interests. This Institution necessarily embraces in its management various relations, and diversified responsibilities. Harmony and coöperation among all the officers and subordinates of an establishment like this, can not be secured unless a spirit of mutual and kind forbearance be cherished, and each is disposed to give to each, that consideration and respect to which he is entitled by the place he fills; hence the necessity that all should well understand the position assigned to each, in the Institution under our care, and that he fills it, not so much for himself, as for the objects sought in its establishment. The Managers are happy to say that these views have heretofore guided the conduct, generally, of those charged with the care of our patients, and they wish here to give their testimony to the ability and fidelity of all the Officers having them in charge, and ministering to the varied necessities of these objects of our solicitude.

Although deprived of the services of the Superintendent—Dr. Butler, by his illness the last few months—his place has been well and satisfactorily filled by his temporary succes-

sor, Dr. Hunt, who, with his valuable assistant, Dr. Porter, and faithful apothecary, Dr. Smith, have managed to place some things on an improved footing, particularly the books of reference to cases of patients, and journal of daily practice.

Our last advices from Dr. Butler, who is now in England, give us the hope and expectation that he will be permitted to resume his labors in July next, in the enjoyment of restored health. Our worthy Steward has also been confined with sickness, for several months past, and although now convalescing, he and his wife—our highly esteemed Matron—expect to avail themselves of your acceptance of their resignation, as soon as their successors have become familiar with their duties. The managers, in parting with these faithful officers of the Retreat, who have labored with such universal acceptance for the last thirteen years, in our service, owe it to themselves, and to the friends of the Retreat, to express in this public manner, their high appreciation of their fidelity, and the great value of the services they have rendered to the Institution.

The Rev. Horace Hooker, as successor to Rev. T. H. Galaudet in the chaplaincy, entered on the duties of his nominated appointment by the Managers, in May last. His services have been highly acceptable, and we recommend his formal appointment by the Directors.

The Board of Medical Visitors, have continued their monthly visits to the Retreat, the past year, as their report will show, and as we think with advantage to the Institution. They have favored us with their useful suggestions, to which some of the valuable improvements realized owe their origin.

The Ladies' Visiting Committee have also favored us with their monthly inspection of the female department, as heretofore, giving the Matron the benefit of their counsels.

The nurses and attendants have also been encouraged and benefited by these friendly and official visits, and the favorable notice then taken of what was found to be praiseworthy. They have thus rendered us essential service, for which they have our hearty thanks.

Permit us in conclusion to remind you, as we do ourselves, that we are admonished by the decease, the last year, of another of our respected associates,* of the brevity and uncertainty of the period we may be permitted to labor for the relief of this unfortunate class of our fellow-beings and friends, thus brought within the reach of our sympathy and cares.

All which is respectfully submitted,

In behalf of the Managers,

A. M. COLLINS, *Chairman.*

Hartford, April 1, 1853.

*Gen. Nathan Johnson.

MEDICAL VISITORS' REPORT.

HARTFORD, April 1, 1853.

To the Directors of the Retreat :

THE Board of Medical Visitors have, during the present year, made their quarterly and monthly visits regularly, as during the preceding years—and are gratified, that they are able to express their approbation of the general condition and prosperity of the institution.

The character of the patients in a social and curative point of view, as also the classifications adopted, remain much as at the date of our last report.

At every visit however, the fact has been forcibly brought to our minds, that enlarged accommodations for that class which now occupy the Cottages, and for which these buildings were expressly designed, were greatly needed, and that by this means, several of the wards which are now always crowded, and often by the noisy and violent, might be greatly relieved; and thereby add, in the same or even a larger degree, to our accommodations for those to whom they legitimately belong. We are the more desirous to bring this subject distinctly to the notice of the Board, for the reason that, aside from the serious inconvenience adverted to, we regard these structures as radically defective in several important particulars, which in our opinion can not, in justice to the inmates, be longer overlooked. Another subject which we regard of the utmost importance to the well-being and prosperity of the institution, is the erection of suitable

buildings, with such apartments and appurtenances, as will meet the wants of that class of patients, who at home have been accustomed to all the comforts and luxuries which wealth could command, and the appliances which ingenuity and refinement could suggest.

This class of patients is numerically small in our Retreat; and for the simple reason, that our house does not offer such accommodations as we have alluded to. But let such apartments be furnished by your Board, in buildings erected with the express object of accommodating this class of patients, and in our opinion they will soon be filled with that class of inmates, for whose well-being and comfort they were erected. Thus, not only will the taste and wishes of the most fastidious friends be gratified, but the resources of the institution will be increased, and thereby the field of her usefulness extended, far beyond the present limits.

By our monthly visits, our intercourse with the patients has been of such a nature, that we can speak with much confidence of the judicious course of treatment adopted by the Superintendent, with the various classes of patients who have been, and are still under medical treatment.

It gives us great pleasure, to express our entire confidence and approbation of the manner and the judgment he exercises over the entire Institution. And also the care and uniform kindness and fidelity of all those in subordinate offices associated with him.

GEO. SUMNER,
N. B. IVES,
E. K. HUNT,

B. ROGERS,
H. A. GRANT,
A. WELCH,

Board of Medical Visitors.

TREASURER'S ACCOUNT.

Dr.

Retreat for the Insane in account with WILLIAM T. LEE, Treasurer.

Cr.

1853. March 14.	To Cash paid on account Sherman Fund,.....		1852. April 1.	By Balance from 1851,	\$3,456.02
	" " paid orders of A. M. Collins, Esq.,	\$292.96	Sept. 9. 1853.	" Cash for old claim, D. F. Wells,	203.25
	Chairman of Managers,	36,671.33	March 31.	" " Sherman Fund,	339.00
	" Balance to new account,	2,110.93		" " Dividends and Interest,	698.00
				" " Support of Patients,	34,358.95
			April 1.	By Cash on hand,	\$39,075.22
					2,110.93

Examined and found correct.
T. BELKNAP, Auditor.

HARTFORD, APRIL 1, 1853.
A. W. BUTLER, FOR
WILLIAM T. LEE, Treasurer.

SUMMARY.

Of Expenditures from April 1, 1852, to April 1, 1853.

Meat and Fish,	\$3,416 70
Breadstuffs,	2,116 10
Butter and Cheese,	2,298 26
Groceries and Fruits,	2,087 60
Furniture and Bedding,	1,556 20
Wood, Coal and Light,	1,812 17
Repairs and Improvements,	8,892 80
Medicines, Wine, Porter, &c.,	502 47
Clothing for patients, <i>to be repaid</i> ,	1,540 75
Feed, Straw and Vegetables,	936 36
Wages of attendants, domestics and farm labor,	5,574 36
Advance payments refunded,	283 31
Stock, Manure, Tools, and Seed for farm,	87 17
Printing, Books and Stationery,	178 40
Salaries,	4,388 92
Insurance,	216 00
Annual grant for Library,	50 00
Incidentals paid by Steward,	99 54
Sundries paid by Managers, <i>per vouchers</i> ,	312 18
	<hr/>
	\$36,349 29

Amount of orders drawn on the Treasurer from April

1, 1852, to April 1, 1853, \$36,671 33

Due the Steward, April 1, 1852, \$241 83

In Steward's hands, April 1, 1853, 80 21

322 04

\$36,349 29

HARTFORD, April 1, 1853.

A. M. COLLINS,

Chairman of the Board of Managers.

THE
TWENTY-NINTH ANNUAL REPORT
OF THE
ACTING PHYSICIAN AND SUPERINTENDENT,
TO THE
BOARD OF DIRECTORS
OF THE
RETREAT FOR THE INSANE,
FOR THE YEAR ENDING MARCH 31, 1853.

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CONFORMABLY to a by-law of the Retreat, and also in compliance with the request of the Managers, the following Report is respectfully submitted.

A brief period only having elapsed, since my existing relations to the Retreat commenced, the minute details of the past year, with respect to matters appropriately coming within the range of duties devolving upon the principal officer, will hardly be anticipated by the Board at this time.

The following tables will exhibit the admissions and discharges during the year, and the condition of those discharged; together with the various occupations in life to which all those who were admitted, previously belonged.

## ADMISSIONS AND DISCHARGES.

|                                                                                        | Males. | Females. | Total. |
|----------------------------------------------------------------------------------------|--------|----------|--------|
| The whole number of patients in the Retreat at the beginning of the year was . . . . . | 88     | 93       | 181    |
| Admitted during the year, . . . . .                                                    | 66     | 74       | 140    |
| Total number in the course of the year, . . . .                                        | 154    | 167      | 321    |
| Of this number there have been discharged                                              |        |          |        |
| Recovered, . . . . .                                                                   | 32     | 32       | 64     |
| Much improved, . . . . .                                                               | 10     | 11       | 21     |
| Improved, . . . . .                                                                    | 8      | 11       | 19     |
| Not improved, . . . . .                                                                | 13     | 13       | 26     |
| Died, . . . . .                                                                        | 11     | 10       | 21     |
| Total discharged during the year, . . . . .                                            | 74     | 77       | 151    |
| Remaining in the Retreat April 1st, 1853,                                              | 80     | 90       | 170    |
| Whole number up to April 1st, 1853,                                                    |        |          | 2,318  |
| Whole number discharged during the same period: Recovered, . . . . . 1,267             |        |          |        |
| Improved, &c., . . . . . 778                                                           |        |          |        |
| Died, . . . . . 243                                                                    |        |          | 2,288  |
| Whole number remaining, . . . . .                                                      |        |          | 170    |
|                                                                                        |        |          | 2,458  |

## OCCUPATIONS OF THOSE ADMITTED DURING THE YEAR.

|                          | Males. |                              | Females.  |
|--------------------------|--------|------------------------------|-----------|
| Farmers, . . . . .       | 21     | Domestic pursuits, . . . . . | 54        |
| Merchants, . . . . .     | 12     | Teachers, . . . . .          | 5         |
| Laborers, . . . . .      | 5      | Seamstresses, . . . . .      | 4         |
| Clerks, . . . . .        | 5      | Factory girls, . . . . .     | 2         |
| Students, . . . . .      | 5      | School girl, . . . . .       | 1         |
| Physicians, . . . . .    | 2      | No occupation, . . . . .     | 8         |
| Manufacturers, . . . . . | 2      |                              |           |
| Machinists, . . . . .    | 2      |                              |           |
| Carpenter, . . . . .     | 1      |                              |           |
| Book-keeper, . . . . .   | 1      |                              |           |
| Confectioner, . . . . .  | 1      |                              |           |
| Clergyman, . . . . .     | 1      |                              |           |
| Musician, . . . . .      | 1      |                              |           |
| Saddler, . . . . .       | 1      |                              |           |
| Seaman, . . . . .        | 1      |                              |           |
| Factory boy, . . . . .   | 1      |                              |           |
| Plane-maker, . . . . .   | 1      |                              |           |
| Burnisher, . . . . .     | 1      |                              |           |
| Cooper, . . . . .        | 1      |                              |           |
| Stone-cutter, . . . . .  | 1      |                              |           |
|                          |        |                              |           |
| Total, 66                |        |                              | Total, 74 |

No epidemic disease has prevailed, nor has there been more than the average amount of sickness. The patients have usually enjoyed a comfortable measure of health, and the mortality has been mostly confined to the aged and incurable.

With us, as elsewhere, this constitutes a constantly increasing class, in which the principle of life is just strong enough to maintain the play of vital functions, while the physical health is usually good; but which readily yields when oppressed by slight attacks of disease.

The provisions of former years, which were here made for the accommodation of the insane, have been found to suit the wants of a large class of those who require its aid; its operations have been conducted quietly, and it has dispensed much good among the most afflicted of our fellow-citizens.

While however, we have much cause for gratitude, it can not be said that the past has been a year of uninterrupted prosperity to the Retreat.

One of the most prominent and afflictive events in its history, has been the protracted illness, and consequent absence of your Physician and Superintendent. It is an occurrence which will be deeply regretted by the friends of the Institution; but it is hoped that the effect of change of climate and scenes, together with that freedom from care, and repose, both of body and mind, which his condition required, will result in his entire restoration to health, and a return, at no distant day, to his former field of usefulness.

It pains me also to be obliged to add, that the health, both of the Steward and Matron—who have for thirteen years, served the Institution with praiseworthy assiduity, and enlightened zeal—is greatly impaired, and in a state so precarious, as to force upon my mind the conviction that their removal from the constant and heavy charge which has so long rested upon them, is demanded, and that it is the duty of this Board to take measures, at an early day, to procure incumbents for the place which they have so long and faithfully filled. In bringing the subject before the Board, I know that I but consult the earnest wishes both of Mr. and Mrs.

Cornish, to withdraw from their present position, and their determination to do so at as early a period as is practicable.

By the death of Rev. T. H. Gallaudet, the Chaplaincy of the Retreat—the peculiarly delicate and responsible duties of which, he discharged to the entire acceptance of all who were connected with the Institution—became vacant. The Rev. Horace Hooker was appointed to fill the vacancy, and for about a year past, has discharged the duties of the office. I have watched with much interest, for those indications of public sentiment among those who attend upon his ministrations, which constitute a very desirable, if not unerring index of the suitableness of the incumbent for the place which he may occupy, in order the better to judge of their suitableness to the wants of those for whom they are designed, and am satisfied that our Chaplain is doing much good in this place, and is successfully discharging the duties of his deservedly distinguished predecessor.

As in former years, we have been remembered by a few, who well know, and with commendable generosity, strive to relieve the necessities of our household in regard to occupations and amusements: the one part supplying us with books, newspapers and periodicals; the other with entertainments of various kinds;—their value being enhanced, by the cordiality with which the favors were conferred.

Among us, as with the world without, the newspaper constitutes one of the most attractive forms of reading, especially in the male wards; and the following are those which we have regularly received:—The Hartford Daily Times, the Weekly Courant, Olive Branch, Boston, New London Chronicle, Norwich Courier, New Haven Palladium, New Orleans Bulletin, (semi-weekly,) Republican Standard, Bridgeport.

Mrs. Sigourney has supplied us with much useful and entertaining reading, in the shape of newspapers, periodicals and pamphlets; George Brinley, Esq., with several files of newspapers, weekly; also R. G. Talcott, Esq.

Our munificent patron and friend, A. M. Collins, Esq., has presented to the ladies' library, sixty-four volumes of books, all of which are choice copies of recent and valuable works,



and will constitute a lasting source, both of pleasure and information, to those who, from time to time, make the Retreat their home. The same gentleman has also furnished us, at his own expense, twelve handsome clocks; providing one for every ward throughout the house.

Our chaplain has also given to the Institution three volumes of valuable books, and the Directors of the Deaf and Dumb Asylum, a copy of the "Tribute to Gallaudet,"—a volume that will long be regarded with deep interest, by both the Officers and inmates of this Institution;—for so many years the field of his active, benevolent and peculiarly acceptable labors.

We have been favored with entertainments by the following named gentlemen, who deserve our thanks, both for the rare pleasure they were the means of affording us, and for the generous and truly benevolent purpose which prompted them to volunteer their services to the inmates.—To Ossian E. Dodge, Esq., who, with his company, favored us with a musical entertainment; also to Signor Blitz, who caused many to forget themselves, and yield to the witchery of his enchantments, during the hour of his performance—astonished and delighted at his inimitable and truly marvelous feats.

Tickets were also sent to the patients, by the obliging proprietor of the "Views of the Gold Mines of Australia," many of whom were happy in accepting his polite invitation.

The urgency of the case, must be my apology for bringing to the notice of the Board, the condition of the buildings known as the Cottages; and the pressing necessity that exists, for better and more extended accommodations for that class of our inmates, who are required, in consequence of certain features of their malady, to occupy them.

These Cottages were built in 1829, and were doubtless designed to bear a due proportion, both as to size, and extent of accommodations, to the other parts of the establishment, which were arranged for from fifty to seventy-five patients. At present, we have constantly, more than three times this number, and a proportionate number, who require to be placed at the Cottages.

But it may be asked, can not this excess be as well provided for in other parts of the Institution as here? A ready and convincing reply is found, in the character of those who ought to occupy them. They are the excessively noisy, the turbulent, the filthy; whose presence would greatly discommode and annoy, both night and day, the quiet, and convalescent; to many of whom, repose, with an abundance of refreshing sleep, is absolutely indispensable to recovery.

But further, these buildings may be occupied by all, of whatever position in other respects, and however large the price they pay at the Institution. If they properly belong to that class, for whom these structures are designed, the necessities of the rest of our household require, that the principle upon which our system of classification is based, should be, as it is, impartially applied.

To say nothing of the importance of the most suitable accommodations for such a class, a circumstance however, which is indeed, of the first importance, as many of them are curable cases; they are not unfrequently visited by sympathizing and anxious friends, whose feelings under any circumstances might be shocked, but who would be quite sure to make bitter complaints, and justly too, were anything wanting, that could minister either to the comfort or restoration of their afflicted relatives.

To my own mind it is clear, that the interests of the Institution, not less than the welfare of our unfortunate patients, require prompt attention on the part of the Board, to this important subject.

It is perhaps, a singular fact in the history of the Retreat, that no legislation has ever been had, relative to the admission and discharge of patients. In many neighboring states it is found convenient, if not necessary, to execute an act, oftentimes exceedingly delicate, and involving many important considerations, under the authority of law. It is, under any circumstances, a high prerogative, to deprive a free man of his liberty; and nothing, save the most urgent necessity, warrants it. Does insanity constitute, in the majority of cases, this necessity? If so, who may safely exercise the

duty which it involves ? Are friends always the most suitable persons to decide this point ? It is often a difficult one ; indeed I presume, not a year has ever passed, since the Retreat was established, during which, patients have not been received, of whose insanity, persons equally well informed, entertained different and opposite opinions.

It may sometimes, for example, be convenient to admit a person guilty of a criminal act, in order to escape the disgrace and punishment, which his vicious conduct deserved.

The desire to control property, may also prompt an avaricious and unprincipled man, to declare an ignorant and eccentric female or other person insane. The security of the public demands, as it seems to me, that some simple and readily accessible means of approximately determining the fact of insanity, by means of a careful investigation of each case, by some independent and impartial individual or tribunal, should be provided by legislation, and that its requirements should, in all cases, be complied with. To many relatives, who are now obliged to assume the responsibility of deciding this question, it would prove a great relief ; it would often be more satisfactory to patients themselves ; to those especially, who feel that it is only in consequence of the malice of friends, that they are deprived of their liberty ; and to those whose duty it becomes to detain them, a ready, as well as satisfactory reply, to the charge of conspiring with their supposed enemies.

An acquaintance, more or less intimate with this Institution, during a period now by no means brief, and an interest in its well-being both earnest and sincere, have often led me to reflect upon its relation to the community which founded it, and by which it is sustained ; and not only to rejoice in the abundant good which its past history demonstrates it to have done, but also to inquire, whether in any respect, modifications or changes could be judiciously made, the better to adapt it to the manifold and great changes which have taken place in society, since it began the fulfillment of its mission of mercy to the Insane.

A thought, always present to my mind at such times, has



been, the sound judgment, the good sense, and excellent taste, which were combined in its location, construction, and remarkable adaptation to the purpose for which it was designed. Not only its original plan and its execution, but also the changes that have from time to time been made, have all, as it seems to me, been characterized by the same wisdom; and with respect to the few remarks or considerations, which I propose to avail myself of the present opportunity to submit, which relate indeed to several distinct topics, all however bearing upon the interests of the Institution and its inmates, I am assured by the former doings of this Board, that any suggestion will be received with candor, and its importance duly appreciated.

If not the first, ours was one of the first Institutions in this country, founded expressly for the treatment and cure of Insanity; and at all events, for many years, it had very few, if any rivals, and no superior in any particular. Of late much, however, the spirit of philanthropy—perhaps quite as the wonderful results of treatment here—has led to the erection of Institutions elsewhere, for the same purpose, so that now every state in New England, and most of the Northern and Middle States, are provided with them. Everywhere they have been constructed with the utmost care, and no pains have been spared to make each successive effort exceed all preceding ones. Not only is the site selected with the greatest care, and the buildings erected with reference to all that is imposing in external appearance, but every attention is paid to internal arrangements; so as to secure the utmost convenience and comfort to patients, as well as all needful means of cure. The rooms and halls, if not of more generous dimensions, are better provided with the means of heating and ventilation—two most important agents in every point of view—a more satisfactory method of supplying in exhaustless abundance, water both hot and cold, for purposes of health and cleanliness; more attention is also paid to the important feature of classification; which, together with other, and perhaps less important considerations, do have, and will continue to have, increasing weight in the public

mind. It is not to be disguised, that many of these Institutions are perfect palaces—erected and furnished also, with the most careful reference to the minutest wants of their occupants.

Communities are growing rapidly in wealth and refinement. They are becoming increasingly exacting and fastidious. The habits of our citizens are, many of them expensive and luxurious; their mode of life, rendering them more and more exposed to diseases of a nervous character, which jeopardize reason, and even life itself. They are constantly requiring the accommodations of our Institutions for the Insane; and what, I ask, will friends of this class be most likely to do with a relative who becomes insane? Will they, or will they not—other things being the same or nearly so—take him to one of our modern magnificent hospitals, supplied with every comfort and luxury that the most fastidious can require; or to one of far less pretension, which may cure indeed their suffering friend, as well, but which can not minister to any, or but few, of his luxurious habits?

Is it wise to shut our eyes to the fact, that they will in every case, when it can be done without great inconvenience, place him at the former? I submit this topic to the Board most respectfully, for their consideration; and with the firm conviction that something must be done—perhaps not just yet, but at a period not far distant—to accommodate the class to which allusion has been made.

Our excellent Institution is doing still, as it has done, a great deal of good—but shall we stop where we are, without a careful and earnest inquiry, may we not do still more, all indeed, that can fairly be claimed of us?

I propose not to consider definitely, what shall be done, or whether anything shall be attempted? To bring the subject distinctly before you, is all that I propose.

Nearly allied to this is another topic, to which a sensitiveness almost morbid, on the part of some portion of the community, requires me to direct your attention. It relates to the treatment of the Insane at Public Institutions. It has had its origin doubtless, not in any known and proved



acts of cruelty, or even of severity anywhere practiced, even in individual instances; but rather in the stories of irresponsible, partially cured lunatics, who sometimes escape from all such Institutions, or are taken away by kind, but misjudging friends, whose unexplained statements, even in regard to what is very true, may clothe a very necessary act with a most formidable aspect, which a single minute would suffice to satisfy any reasonable mind, was not only needful at the time it was performed, but absolutely required to save the life of a fellow-being. I am not, however, about to bring this subject before you for the purpose, or with the expectation of altogether preventing the circulation of false reports, by means of which the minds of a class of community, who often greatly need the advantages of this place, are filled with bitter prejudices against the Institution. This, however desirable, would be impossible. It is, that you may be induced, if it be thought needful by your board, to increase the strictness of your guardianship, and if possible, by a more thorough and systematic supervision, not only add your efforts, to those of others more immediately in charge, to secure a uniformly kind and humane treatment of the inmates, but assure all controlling and reasonable minds, that reports like those alluded to, can not be true, and ought not to be believed.

This may seem to you the more needful, when, to the sensitiveness which prevails in certain quarters, you add the fact, that without this supervision, not only very grave and delicate responsibilities devolve altogether upon resident officers, but also, that much and arbitrary authority vests in them.

Without dwelling longer upon this topic, permit me respectfully to suggest, a regular monthly visit of two of the members of this Board, who shall make a careful and thorough examination of every part of the Institution, and learn the reason for every apparent indication of severity or neglect. These, superadded to the frequent official and unofficial visits of the Managers and Medical Board, will render

the Institution worthy, at least, of the entire confidence of even the most timid and exacting.

Not far from thirty years have passed away—and with them an entire generation—since this most excellent Institution was established. The men of that day who participated in the labors incident to its origin and early history; who called the attention of our citizens to this field of philanthropy, and through whose instrumentality the requisite funds were procured, intended it to be, what in fact it is, and always has been, a public charity; as much so, in all respects, as any other Institution that can be named. So silently however, and so unostentatiously has it dispensed its blessings throughout our own and neighboring states; so gradually has it grown up to its present commanding size and usefulness; so wise and judicious has been its management; that a large class of our fellow-citizens, knowing nothing of its origin and early history, have come to regard it in no other light than that of a mammoth corporation—managed by its proprietors, and returning large dividends to its stockholders.

But how far removed from the truth is this assumption! How unjust to the memory of our fathers! How surprised will be all such persons to be told, that it was founded, chiefly, by private subscriptions, and these raised for the most part, in small sums—many being less than one dollar each—one indeed being as small as twelve cents—and from ninety-seven out of one hundred and twenty-four towns, of which the State was then composed. To this sum, amounting to \$18,871.67, the Legislature added an appropriation of \$5,000—making a total of \$23,871.67, the capital upon which this Institution commenced its great work of restoring reason to the insane. It has since received a few thousand dollars in legacies—and but a few—having sustained itself from that time to the present, by means of the economical and judicious use of the small charge for its accommodations, which it makes upon those who enjoy its privileges.

It was founded in the purest benevolence:—under the same benign influence have its concerns ever been conduct-

ed;—none, excepting its resident officers, ever having received a pecuniary compensation, worthy the name, for all that has been done for it.

From first to last, it is but truth and simple justice to say, that its sole management has been in the hands of gentlemen of the highest character, actuated by the best motives, performing in its behalf much arduous and responsible labor, and that, without the wish or expectation of pecuniary reward. I have felt it a special duty, to bring up again before the minds of our fellow-citizens, this pleasant page in the history of our State; by no means to pass a eulogium upon the doings of this honorable Board; but to call to the minds of the present generation of men, one of the noble deeds of their fathers, and relieve them of a misconception, for which they can not fail to be thankful, as to the actual relation of this Institution in its origin and history, to the people of this commonwealth.

Permit me also further to say, while upon this topic, to our fellow-citizens throughout the State; to those of them who are reminded by failing health, or by those other evidences of mortality which every day affords, and who desire to confer benefits upon their fellow-men, after their own brief span of life is past; and to others, who possess more of wealth than they well know how to enjoy; that they can in no way confer more lasting good upon the most needy and unfortunate of their fellow-men, than by remembering, amidst their abundance, that Institution which their fathers, many of them in their penury, founded.

E. K. HUNT.

HARTFORD, April 1st, 1853.

## REPORT OF THE CHAPLAIN.

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I BEGAN to officiate at the Retreat for the Insane, May 17, 1852. From that time to the present, there have been regular evening services on week days, and religious worship and preaching on Sabbath afternoons, in the Chapel. Agreeably to my engagement with the Managers, I have, also, as occasion offered, visited and prayed with the sick and others who desired religious counsel and consolation, attended funerals, and a portion of the time, after service in the Chapel on the Sabbath, met with members of the female department for reading and explaining the Scriptures.

The various religious services have, almost without exception, been marked by a decorum and apparent interest on the part of the patients, which one unused to such scenes would find it hard to realize. The deep stillness and seriousness with which they often listen to the reading of the Bible, show that its truths find a way to the disordered mind, and impart at least temporary comfort and peace.

Some of the patients aid in the music of the sanctuary, and during most of the year we have been favored in this part of worship with appropriate performances from individuals of this class on the beautiful instrument presented to the Institution by the Chairman of the Managers.

From my limited connection with the Retreat, it would be scarcely proper for me to dwell on the importance of religious services in such Institutions, not only for the sake of the patients themselves, but for those, also, who in ministering to their wants, would otherwise be often debarred from



the privilege of social worship. This whole matter was repeatedly and ably exhibited by your late lamented Chaplain,—and their liberal action shows that it is thoroughly understood and duly appreciated by the Board.

When our Saviour was on earth, the insane shared largely in his sympathy; and were he again in person to visit our world, we might expect Institutions for their benefit would be often cheered by his presence. There is no more characteristic proof of the influence of Christianity, than this form of beneficence,—and in no other work could we more reasonably expect the approbation of heaven, than in rekindling the lamp of reason, and thus placing within reach of the soul the joys of this life and the hopes of the life to come.

I would, in closing, express my gratitude for the uniform kindness and respect with which, in the performance of my duties, I have been treated by the officers, attendants and inmates of the Institution.

HORACE HOOKER.

HARTFORD, April 1, 1853.



## TERMS OF ADMISSION TO THE RETREAT.

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For patients belonging to this State, to be accommodated in the wings, and who do not require a separate attendant, . . . . \$3 00 per week.

For those with similar accommodations, belonging to other States, . . . . \$3 50 per week.

Extra accommodations are also furnished at \$4 and \$5 per week.

If a separate attendant is required for patients in the wings, the *extra expense* is *charged*.

For patients with a room in the center building, and a separate attendant, if of this State, \$10 00 per week.

For the same, if from other States, \$12 00 per week.

No patient admitted for a shorter time than three months; and payment for *that term only* is to be made in *advance*, to a *Manager*.

Subsequent expenses are to be paid, quarterly, to the *Steward*.

Letters in relation to the situation and health of the patients, will of course be addressed to DR. BUTLER, the Superintendent; but such as relate to their expenses, should be addressed to MR. CORNISH, the Steward. Clothing and packages sent for the use of the inmates, should also be sent to the care of the Steward.

For admission, apply to either of the Managers or to the Superintendent.

NOTE.—Should any individual, residing within the State, who may receive this Report, know of any insane person in his neighborhood or town, he may have it in his power to do an act of great kindness, by taking an interest in the case, and giving the friends of the sufferer such counsel and information as the circumstances may require. Prompt attention to such cases furnishes the principal and often the only hope of restoration. Sometimes, the friends of the insane seem to be at a loss what to do. Where there is need of aid from the State, in order to send the insane person to the Retreat, application should be made to the Governor, with satisfactory certificates of this need and of the insanity of the individual.

## RETREAT FOR THE INSANE.

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THE Managers of this Institution, aware of the interest generally felt in its prosperity, which is naturally connected with a desire to visit its inmates, and inspect its internal arrangements, have for a long time yielded to the public wish without restraint. They have, however, in witnessing its effects, become convinced that the welfare of the patients, and the duties of its officers, require that such visitation should be subject to the following regulations:—

I. The Institution will not be open for visitors except from two to four o'clock, P. M., in winter; and two to five o'clock, P. M., in summer.

II. All visitors, except persons having business at the Retreat, will be required to provide themselves with tickets for admission, from the Managers, either of whom will grant the same, unless their knowledge of circumstances makes it, in their judgment, necessary to refuse.

A. M. COLLINS,  
CHARLES SHELDON, } *Managers.*  
WM. T. LEE,

HARTFORD, June 23, 1847.